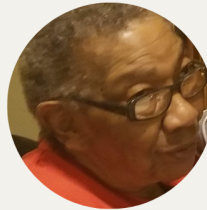




June 2026



Christomer Louise



Mary Pearl

Women of C.H.L.M.S

"If you know whence you came, there is really no limit to where you can go."

—James Baldwin, 20th-century poet, novelist, playwright and activist



Sandra Louise



Henrietta Louise

"To be an activist is to speak. To be an advocate is to listen. Society can't move forward without both." _ Eva Marie Lewis



In This Issue:

June brings two powerful reminders of care: Father's Day and Men's Health Month Together, they highlight the emotional labor fathers carry — the quiet strength, the unspoken worries, the weight they hold while showing up for their families, often balancing stress, burnout, and silent struggles that few ever see.

This month, we honor the many forms of fatherhood and manhood — and affirm a simple truth: men deserve rest, support, and the space to care for their own well-being. According to the World Health Organization:

- Approximately 1 in 8 men experience mental health disorders globally.
- Depression and anxiety are the most common mental health issues reported among men.
- Men are less likely to seek help for mental health problems compared to women.
- Stigma surrounding mental health can prevent men from discussing their issues openly.
- Suicide rates are higher in men, highlighting the need for targeted mental health support.



In addition to the June celebration of Father's Day and Men's Health Month it is also Alzheimer's and Brain Awareness Month and PTSD

Awareness Month. These observances put the spotlight on real experiences our communities carry into every healthcare encounter. Together, they reveal a truth we cannot ignore: iatrophobia — the fear of medical settings — doesn't come from nowhere. For many men, it grows from being dismissed, misdiagnosed, unheard, or rushed through a system that often overlooks their emotional needs and minimizes their pain.

For men — especially Black men — this fear is shaped by generations of medical mistrust, harmful stereotypes, and the ongoing reality of not being taken seriously until symptoms become severe. And when that fear delays care during a stroke or another emergency, the consequences can be life-changing.

Across all three observances, one message rises to the surface. People aren't avoiding healthcare — they're avoiding being harmed again.

The Quixotic Fight for Men's Health



When we talk about men's health, people love to make it sound like everything comes down to personal choices. But those of us doing the work in research, in clinics, and in community spaces where men actually tell the truth about their lives know better. These patterns are not random. And while traditional research models emphasize randomization, the outcomes we see and hear about every day tell a different story. The lived experiences of men, especially men of color, show us that these patterns are predictable: higher rates of hypertension, delayed care, and shorter life expectancy are tied to medical mistrust, stigma, and the pressure to “push through.” Research backs this up. Black men who report higher medical mistrust and strong masculine norms are significantly more likely to delay preventive care, including hypertension screening — a delay that directly

contributes to poorer cardiovascular outcomes and reduced life expectancy (Hammond et al., 2010, Journal of General Internal Medicine). And when it comes to mental health, a 2024 study confirms that traditional masculine expectations continue to keep African American men from seeking the support they need, even when they're struggling (Johnson et al., 2024, American Journal of Men's Health) And let's be honest: the expectations placed on men are quixotic. They're told to be strong, steady, unshakeable — even when they're exhausted, overwhelmed, or quietly breaking down. That pressure teaches men to hide stress, minimize pain, and avoid seeking help. A 2024 peer-reviewed study reinforces this reality, showing that traditional masculine norms and medical mistrust actively prevent African American men from pursuing mental-health treatment, even when they need it most (Johnson et al., 2024, American Journal of Men's Health). Pause for a moment before you finish reading this article. Take a few seconds to imagine what men's health could look like if we systems were built that truly listened to men. Picture communities where honest conversations about men's emotional and physical well-being were encouraged, not avoided. Imagine a world where every man felt believed, respected, and protected. When we stop pretending these outcomes are random and start challenging the outdated expectations we've placed on men for generations, we make room for something better a world where men are finally supported in ways that help them thrive, not just survive. We can no longer stand idly by and accept these outcomes as a chance. By confronting the old expectations placed on men and creating spaces that truly support them, we can change the story. Let's stand together and build a future where every man has the chance to thrive at their optimal peak level.

How the Big Beautiful Bill and Voting Laws Shape Men's Health



The Big Beautiful Bill offers no dedicated men's health section — an inauspicious omission with real consequences. Cuts to Medicaid, community health programs, and mental-health services will hit men, especially men of color, the hardest. These are the same men already facing higher rates of hypertension, delayed care, and shorter life expectancy.

Research makes the stakes clear. Black men who experience medical mistrust and pressure to “push through” are more likely to delay preventive care, worsening cardiovascular outcomes (Hammond et al., 2010, Journal of General Internal Medicine). Masculine norms also

discourage African American men from seeking mental-health treatment, even when symptoms are severe (Johnson et al., 2024, American Journal of Men's Health).

At the same time, the new Civil Rights–related voting laws cast a dubious shadow over men's health equity nationwide. Stricter ID rules, reduced early voting, and expanded voter-roll purges will silence the very voices needed to protect access to care.

In the South

Men already face the steepest health barriers — rural hospital closures, higher chronic disease rates, and fewer mental-health providers. Reduced voting access further weakens their ability to influence the policies that shape their health (Bentele & O'Brien, 2013, Social Science Quarterly).

In the North

The harm is quieter but no less real. Urban polling reductions, stricter ID requirements, and aggressive voter-roll purges disproportionately affect Black men, men with unstable housing, shift workers, and men with justice-system involvement. These are the same men who already struggle to access consistent care. Peer-reviewed research confirms that restrictive voting policies disproportionately suppress turnout among Black voters and individuals with lower socioeconomic stability groups already burdened by significant health disparities (Hajnal, Lajevardi & Nielson, 2017, Journal of Politics). When their political power shrinks, so does their ability to advocate for the health resources their communities need.

Men, Brain Health, PTSD & Alzheimer's: What Everyone Should Know



For so many men especially men of color conversations about Alzheimer's, trauma, and mental health don't start until it is sometimes "too late". The truth is, the mix of genetic risk, chronic stress, unprocessed trauma, and cultural pressure to deal with the issue creates a quiet storm in our communities. Men living with PTSD carry an even heavier load. Research shows that PTSD can speed up cognitive decline and increase the risk of dementia over time (Yaffe et al., 2010, Archives of General Psychiatry). And yet, ethnocentrism in our healthcare systems means the experiences of men of color are often overlooked, misunderstood, or dismissed. When care models are built around someone else's reality, men who already feel unseen

become even less likely to seek help. Protecting men's brain health means naming the trauma, challenging the stigma, and creating spaces where men can finally be heard and healed.

Big things are happening at the C.H.L.M.S Medi-Helpz Foundation, and as we prepare to honor Juneteenth — a season of growth, liberation, and community impact — we continue expanding our work to ensure every patient is educated, empowered, and engaged. As we look ahead, our team is already deep in the early planning stages for our August Adult Back-to-School Bash — our first event of its kind. We're building this resource fair with intention, knowing that many adults returning to school are balancing far more than coursework. They're searching for safe, reliable spaces for their children, navigating work schedules, and trying to care for their own mental and physical health. This year's Bash will bring together mental-health providers, clinical screenings, nonprofit partners, financial advisors, youth programming, and community resources, including access to the Vashti Digital Learning Library, to create a one-stop hub of support. Our goal is to make sure every adult learner walks in feeling seen and walks out feeling equipped, empowered, and ready for the next chapter.

You can also support our mission through our Digital Round Up Fundraiser — every rounded-up penny directly expands access to health-literacy education, ensuring more individuals and families receive the knowledge, tools, and support they need to make confident, informed decisions about their health.

As our work grows, so does our need for strong, equity-centered leadership. We are actively seeking Volunteer Board Members who share our commitment to advancing health literacy, strengthening community trust, and expanding access to care. If you or someone in your network is aligned with this mission, we invite you to connect with us. We are currently recruiting for the following roles: Corporate and Donor Development (hybrid), Event Planner (hybrid), Secretary (Chicago-based), and Treasurer/Finance (Chicago-based). Each position plays a vital role in ensuring that individuals and families across our communities have the resources and support necessary to navigate their health journeys with confidence and dignity.

We'd love your feedback on our newsletter, our new website, and your support of the RoundUp initiative. Your input helps strengthen our work

C.H.L.M.S. MEDI-HELPZ FOUNDATION

Q1 COMMUNITY IMPACT UPDATE

Building Healthier Communities Together!



Strategic Planning & Program Development

Over 300 Manpower Hours Invested

- Strategic planning & Vashti Lab development
- Library tour coordination
- Community partnership meetings



Program Rollouts



Learning Lab Launch

- Wellness Education Workshops



Library Wellness Tours

- Health Outreach in Local Libraries



Community Collaborations

- Partnering for Greater Impact

Quarter 1 Service Value: \$23,950 – \$32,000



Your Support Makes a Difference!

Round Up & Donate

Round up your change to fund wellness education & community programs.

Join the Movement!

Every cent counts toward a healthier tomorrow.



Call to Action:

Join us this June as we champion men's health

Don't forget to visit our websites at www.medihelpz.com,
www.chlmsfoundation.com & our YouTube channel at Medi-Helpz

[Click here to Donate](#)

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